

# PRIME TIME NEWS

## Mountain View Senior Center

**JUNE  
2010**

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### SENIOR CENTER HOURS

**Monday - Wednesday**

8:30 a.m. - 9:00 p.m.

**Thursday - Friday**

8:30 a.m. - 5:00 p.m.

### SENIOR CENTER STAFF

**STEVE ACHABAL**  
Senior Recreation Coordinator

**MEGAN GARVERICK**  
Recreation Coordinator

**CYNTHIA SPINELLA**  
Office Assistant III

**JUSTINA LINAN**  
**NANCY HUGYIK**  
Recreation Specialist

**ELIZABETH MUSSO**  
Lunch Program  
650-964-6586

**EVENING BUILDING ATTENDANTS**  
Christan Basconcilo  
Jose DeAnda  
Kyle Ignaitis  
Rich Stephens  
Shona O'Neil  
Kari Thorson

**WORKSHOPS:** Please note that space is limited for all workshops and pre-registration is required. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.

**CROSS SUMS** - Calling all Intermediate Sudoku players! If you want to learn a new twist on Sudoku join Dr. Mahipal Ghemawat as he shows you CROSS SUMS. Why learn something new? Because essential inter-neuron connections are lost unless we stimulate our brain in *different* ways. The best part about CROSS SUMS? You don't have to get the correct answers – just the attempt will work your brain in miraculous ways. Ward off dementia and join Mahipal!



**Date: Thursday, June 10**

**Time: 1:00 p.m.**

**Location: Senior Center, TBA**



### **LEARN ABOUT ALL THE FUN AND HEALTHY ACTIVITIES IN THE BAY AREA**

Bay Area Older Adults is a charitable, nonprofit organization that hosts a website offering free Information about outdoors, fitness, social and cultural activities in the San Francisco Bay Area. The website is specifically designed for older adults, is easy to use and provides all the details you need to venture out with confidence. This workshop will be an interactive computer tutorial to highlight the types of information and unique features of the website so you can take advantage of all the fun and healthy activities the Bay Area has to offer. There will be plenty of time for questions and for your suggestions. Basic computer skills required.



**Date: Thursday, June 17**

**Time: 1:00 p.m.**

**Location: Senior Center, Computer Lab**

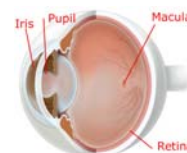
### **AGE RELATED MACULAR DEGENERATION/ ARMD**

Everyone knows someone who has been affected by this disease but what is macular degeneration and what causes it? Would you also like to know who is at risk for it? What are the symptoms? What is the treatment? What can be done to prevent it? Get Nutrition for the eyes & what supplements can help with ARMD. Join Dr. Allison Zaum as she answers these questions or bring your own questions!

**Date: Thursday, June 24**

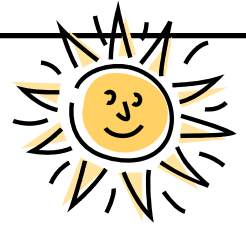
**Time: 1:00 p.m.**

**Location: Senior Center, TBA**



**WORKSHOPS**

## MOVIE MATINEE



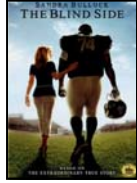
Come to one of our double showings!

**WHEN: Tuesdays and Fridays**

**TIME: 1:00 pm**

**WHERE: Multipurpose Room B.**

Both screenings will now have captions for the hard-of-hearing, **when available on the DVD**. There is no fee to enjoy these popular movies and seating begins at 12:30 p.m.



### BLIND SIDE

**DATES: Tuesday, June 1 and Friday, June 4**

**RATED: PG-13**

**LENGTH: 126 Minutes**

**DESCRIPTION:** Oversized African American Michael Oher (Quinton Aaron), the teen from across the tracks and a broken home, has nowhere to sleep at age 16. Taken in by an affluent Memphis couple, Leigh Anne (Sandra Bullock) and Sean (Tim McGraw), Michael embarks on a remarkable rise to play for the NFL.



### LAW ABIDING CITIZEN

**DATES: Tuesday, June 8 and Friday, June 11**

**RATED: R** - Strong bloody brutal violence and torture, a scene of rape, and pervasive language

**LENGTH: 102 Minutes**

**DESCRIPTION:** Traumatized by the atrocious murders of his wife and daughter -- and the flawed justice system that set the killers free -- Clyde Shelton (Gerard Butler) gives in to his rage and sets out on a course of vengeance. He soon takes on not only the prosecutor involved in the case, Nick Rice (Jamie Foxx), but also the city of Philadelphia.



### THE TIME TRAVELER'S WIFE

**DATES: Tuesday, June 15 and Friday, June 18**

**RATED: PG-13**

**LENGTH: 107 Minutes**

**DESCRIPTION:** Due to a genetic disorder, handsome librarian Henry DeTamble (Eric Bana) involuntarily zips through time, appearing at various moments in the life of his true love, the beautiful artist Clare Abshire (Rachel McAdams).



### OLD DOGS

**DATES: Tuesday, June 22 and Friday, June 25**

**RATED: PG**

**LENGTH: 88 Minutes**

**DESCRIPTION:** On the verge of a game-changing business deal, a divorced dad (Robin Williams) and his womanizing best friend and partner (John Travolta) are thrown for a loop when they're tasked with caring for a rambunctious pair of 6-year-old twins.



### PRECIOUS

**DATES: Tuesday, June 29 and Friday, July 2**

**RATED: R** - Child abuse including sexual assault, and pervasive language

**LENGTH: 109 Minutes**

**DESCRIPTION:** Viciously abused by her mother (a riveting, Oscar-winning Mo'Nique) and pregnant by her father, Harlem teen Precious Jones (Oscar nominee Gabourey Sidibe) has an unexpected chance at a different life when she enrolls in an alternative school. Teacher Blu Rain (Paula Patton) encourages her, but Precious must battle unimaginable barriers everywhere in her life.

**\*\*NOTE:** Please bundle up or bring a lap throw with you to the movie. The room is located on the North side of the building, and some people tend to need an extra layer of clothing during the movie.



**NEWCOMERS' GROUP** - An orientation and tour of the Senior Center is scheduled for **Monday, June 21, 2010 at 2pm.** It includes a review of classes, upcoming events, social services & general information. Tour begins in the front lobby.

**BIG BINGO** - Join us for Big Bingo. This month it will be held on **Monday, June 7 at 1pm** in the lunch room.



**COMPUTER VOLUNTEER:** We have helping hands ready to assist...**FREE OF CHARGE.** For those who have basic or higher computer skills and need to be pointed in right direction, several volunteers are here to help: MON with JUDY 1-3pm. TUES with Pennie, WED AND THURS with DIVYA 1 -3pm, FRI with RANDY 10:30 – 12:30 pm. Come to the computer lab, its that easy!!

**GIVE US YOUR EMAIL** - if you would like to receive the Senior Center Monthly Prime Time News Newsletter via email, please come to the front desk to give us your name and email address.

**BOOKS FOR SALE** - Located in the front lobby in the middle stations and on the bookshelves in the far left corner of the lobby, are donated paper back books for sale. Books are 10 cents each and can be paid for at the front desk. Maximum amount to be taken at one time is 5!



**DVD COLLECTION** - The Senior Center has a collection of a variety of DVDs available for check out at the front desk. You can check out up to five DVDs at a time and have them for one week. Come by the front desk to view our movie selections.

**DONATIONS** - The Mountain View Senior Center accepts a variety of donations.

ACCEPT ONLY

Old eyeglasses  
Magazines  
Paperback books only

**(no romance novels)**



**FREE TABLE** - Located in the game room, you may leave items for others to pick up and enjoy. No perishable or opened items. Small items only!



## COMPUTER PRINTER POLICY

Starting **June 1st, 2010**, all printouts from the computer lab will cost **5 cents** per page. Printouts can be picked up at the Senior Center front desk and payment is required at that time.

## EXERCISE ROOM CARD



Based on the popularity of the exercise room and the nature of exercising, this room could not function without your patience and understanding. For safety reasons and for the protection of our equipment, please remember that if you do not bring your card, you cannot exercise in the room. All of those without cards will be asked to stop exercising and come to the front desk. If you have never received an exercise card, please come to the front desk and sign up for exercise orientation. Orientation is on Tuesday evenings and Wednesday afternoons. We appreciate your cooperation in the exercise room. **WHEN NOT TO COME TO THE EXERCISE ROOM?** - Staff asks that you allow exercise orientation students to use the room during orientation. You may be asked to leave during the following times: TUES: 7:00p.m. – 7:30 p.m. and EVERY WED: 2:30p.m. – 3:00 p.m.

## SENIOR CENTER TELEVISION POLICY



- In order to maintain a tranquil and pleasant environment, the front lobby television is currently turned on only for major news and sporting events. The Senior Center staff determines a television volume that respects the activities of other patrons in the lobby. Thank you for your cooperation.

## A STARRY NIGHT – LETS TAKE TIME TO LOOK UP AT THE STARS!!!



Join us for the 9th Annual Starry Night Fashion Show scheduled for **Monday, June 21st at 10:00 a.m.** Draper's and Damon's will host the show and lend the volunteer models lots of beautiful summer outfits! If you are not in the show, you can still come in your favorite mid-night blue attire! Free refreshments will be available and everyone present will receive a free ticket for a raffle of prizes! Come and see the latest fashions and colors for the summer season. And remember if you are attending the show, wear your favorite midnight blue attire!

## MODELS WANTED!

Do you have interest in fashion and accessories? Be a model at this year's fashion show on Monday, **June 21<sup>st</sup> from 10:00 to 11:30 am.** Do not be shy – everyone is welcome! Call the Mountain View Senior Center at (650) 903 – 6330 or sign up at the front desk when you are visiting the center. Just ask to be on the model's sign up sheet. There are limited spots, sign up early!



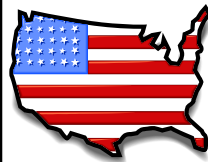
## SENIOR ADVISORY COMMITTEE

The Senior Advisory Committee is an advisory role to the City Council regarding matters pertaining to broader senior issues and operations of the Mountain View Senior Center. Meetings are held on the 3rd Wednesday of each month (except August & December 2010) from 2:00-4:00p.m. Upcoming meetings will be: Wed, June 16th and July 21st.

## SUMMER PICNIC CELEBRATION – DRESS IN RED WHITE AND BLUE



We are celebrating the birth of our great nation with a patriotic picnic! This event will take place in Rengstorff Park Picnic Area on **Thursday, July 1st, at 12:00 noon.** There will be lemonade, crisp green salad, baked beans, juicy watermelon, velvety ice cream treats, barbecued polish sausage dogs, challenging trivia questions and fun raffle prizes. Bring your family and friends, everyone will have a blast! Tickets will be sold starting Friday May 28<sup>th</sup> and will be \$4.00 in advance, \$6.00 dollars at the door. Raffle tickets included with each picnic ticket. Last year's summer picnic sold out, so get your ticket soon!



**BOOK CLUB-** It's not too late to join the Senior Center Book Club!



Meetings are held the 2<sup>nd</sup> Tuesday of each month **(6/8/10)** in Multi Purpose B from 10:30 – 11:30 a.m. Next book for review is Every Last One - Anna Quindlen. For more info call 650-903-6330.

**GAME ROOM CLOSURE -** on Friday, June 4<sup>th</sup> the pool room will be closed due to the recovering of the pool tables.

## VOLUNTEER CORNER

APRIL 2010

Blood Pressure	4
Brown Bag	240
Receptionists	207.25
Social Services	41
Teaching	98
<b>Total</b>	<b>590.25</b>



## HEALTH SERVICES

**ALZHEIMER'S SCREENING** - Free behavioral screenings offered on the **fourth Wed** of each month (**6/23/10**). PLEASE NOTE: this is NOT a medical screening, only a behavioral analysis.

**BLOOD PRESSURE CHECK** Come to the counseling room to have your blood pressure checked by volunteer nurses on **Friday between 10:30-11:30 a.m.**

**EYEGLASS REPAIR** - Adjustments, repairs, advice. **Second and fourth Tuesday** of each month (**6/8/10 and 6/22/10**).

**HICAP** - Medical insurance, long-term care, Medicaid & Medigap counseling. **Second and fourth Tuesday** of each month (**6/8/10 - AM Appts and 6/22/10 - PM Appts**)

**HEARING SCREENING** - Visit Dr. Tang the **Second Tuesday (6/8/10)** of each month.

**PODIATRY SCREENING** - Free evaluations on **Third Wednesday (6/16/10)** of each month. NOTE: Feet are NOT touched in the consultation, only an evaluation.

**NOTARY SERVICE** - new notary service offered the **first Thursday (6/3/10)** of each month.

Call Mountain View Senior Center front desk at (650) 903-6330 or visit the front desk for an appointment.

## SOCIAL SERVICES

**SENIOR ADULT LEGAL ASSISTANCE (SALA)** - The **1st and 3rd Thursday (6/3/10, 6/17/10)**. Clients must be 60+ years old and a Santa Clara County resident. Services provided by volunteer attorneys or paralegal personnel. Legal assistance provided for Social Security, Medicare, housing, landlord issues, power of attorney for health care, elder abuse, consumer problems, and simple wills. Call the front desk at (650) 903-6330 for an appointment.

## FOOD SERVICES

**BROWN BAG** - The Second Harvest Food Bank's Brown Bag pick-up and registration is **every Tuesday, starting at 9:30 a.m.** Pre-registration is necessary. Applications may be picked up at the front desk. For more information, please call 1-800-984-3663.



**NUTRITION PROGRAM** Lunch is served **Monday - Friday** at 11:45a.m., sign in by 11:15 a.m. Suggested donation is **\$2.50** + more information can be found on pages 8 + 9. Sponsored by Community Services Agency, (650) 964-6586.



## VTA TRANSIT SENIOR CITIZEN CARDS/STICKERS

- VTA will be at the Senior Center on **Thursday, June 10** at 10:00 a.m to accept applications for discount cards. Seniors 65+ years or persons with qualifying disabilities are eligible. There is a \$3 fee. Bring legal proof of age. Also, a limited number of discount stickers go on sale the 15th of each month. Tickets are sold **Monday-Friday, 8:30 a.m. - noon**. Exact change is necessary. The cost is \$25.00 per sticker. Cash only please. Stickers are also available for sale on-line at [www.vta.org/store](http://www.vta.org/store)

**VTA'S ROUTE 34** - The new route for bus line 34 runs from San Antonio Shopping Center to downtown Mountain View with a stop at the Senior Center. It is vital that this bus line is utilized in order to keep it running. Our community and the seniors need this bus line to come to the senior center. Visit [vta.org](http://vta.org) for more info.

**AARP DRIVER SAFETY REGULAR CLASS** - AARP Safety Program class offered by AARP at the Mountain View Senior Center is scheduled for **Tuesday, June 22 and June 29, 2010 from 6 p.m. to 10:00 p.m.** The fee for the 8.0 hour classroom driving instruction session is \$12 for AARP members and \$14 for non-members. To register, come in or mail a check, payable to AARP, dated the first day of the class. Send to the Mountain View Senior Center, P.O. Box 7540 Mtn. View, CA 94039. Cash cannot be accepted. For insurance benefits, contact your insurance carrier directly.

**STAYING COOL AND HYDRATED ON HOT**

**SUMMER DAYS:** Did you know that about 318 Americans die every year of heat-related illnesses, according to the Centers for Disease Control (CDC)? The sad fact is that most of these deaths are preventable. The best time to consume fluids is before you are thirsty -- by the time you are thirsty, your body is already dehydrated. It's best to drink on a schedule when it is hot outside. Avoid drinks containing caffeine or alcohol while in the sun or heat. The best drinks are water, or one of the many flavored sports drinks that are on the market.

**Signs and Symptoms of Dehydration**

Dry lips and tongue, Headache, Weakness, dizziness, or extreme fatigue, Concentrated urine that appears darker than normal, Nausea, Muscle cramps

**More Hot Weather Tips**

While pouring water over your head might feel good; it does not have any affect on your core body temperature -- make sure you put plenty of water and other fluids into your body. Always wear light-colored and loose-fitting clothing. Whenever you get a chance, take a break in the shade. It's important to remember that anytime a person who has been exposed to heat becomes disoriented or unconscious, immediate medical attention for that person must be sought.

**Living Well with Chronic Conditions**  
**(A Stanford Self-Management Program)**

**WHEN:** Mon, July 12 - August 16, 2010

**TIME:** 2-4:30pm

**WHERE:** Mountain View Senior Center

**HOW TO JOIN:** Sign up at the Senior Center Front Desk, 650-903-6330

**DESCRIPTION:** Participants receive the book *Living a Healthy Life with Chronic Conditions* and Relaxation CD "Time for Healing." Learn how to self-manage your health in this 6-week class. Communicate with family/friends/physicians. Develop and maintain an exercise program. Eat healthy and manage stress. Manage medications appropriately.

**SPONSORED:** FREE program presented by Stanford Hospital and Clinics.

**FOR QUESTIONS:** Peggy Simon 650-725-4137 or [pesimon@stanfordmed.org](mailto:pesimon@stanfordmed.org)

**KEEPING OUR**  
**BUILDING**  
**CLEAN**


We have a beautiful building and strive to keep it this way. Please be responsible and cautious of your own items, messes and trash. Areas of the building may be subject to closure if not kept up properly. Thank you for respecting our center!


**2010 Summer**  
**Concert Series**

Downtown Castro street, Cuesta and Rengstorff parks will be the backdrop for the unique sights and sounds of the Bay Area's best bands. The FREE Thursday evening concerts are delightful opportunities to enjoy picnic dinners in an entertaining and relaxing atmosphere. Bring a folding chair or blanket to sit on. There is no "fixed" seating at the concert sites. All concerts are from 6:30-8pm.

JULY 8, DOWNTOWN: THE SUN KINGS

JULY 15, CUESTA PARK: POP FICTION

JULY 22, DOWNTOWN :  
FINDING STELLA

AUG 5, DOWNTOWN: THE SHANKS

AUG 12, RENGSTORFF PARK:  
MAZACOTE W/ LOUIS ROMERO

AUG 19, DOWNTOWN:  
THE SPAZMATICS

**SENIOR SERVICES**

**DIRECTORY** is published by Council on Aging has recently been released. This resource has a wide range of information within Santa Clara County geared for older adults and their families. Topics include Care Management, Financial & Legal, Food & Nutrition, Independent Living, Housing, plus much more. The directories are available for **\$3** at the Senior Center Front Desk.

**Referral Information**

- Outreach Transportation 408-436-2865
- Social Security Office 1-800-772-1213

# Mountain View Seasoned Travelers

**NEW TRAVEL  
DESK HOURS**

For travel information, registration and payment:  
Monday, Tuesday, Wednesday and Fridays at the front desk, 8:30am-12:00pm and Thursdays at the travel desk in front of the social hall from 10:00 - 11:45am

TRAVEL



## PLAYLAND-NOT-AT-THE-BEACH, El Cerrito

WHEN: Wednesday, July 14

COST: \$92.00 p/p

INCLUDES: Playland offers a unique hands-on opportunity to experience favorite games and activities of the past. Enjoy a hosted lunch at Fenton's Ice Creamery...yum! Then onto a guided tour of the newly renovated historic Fox Theater; neglected for nearly 40 years this once glamorous theater has made it's comeback and has a great story to tell.

DEPART: 8:30am, from Senior Center

RETURN: 5:30pm approximately

## VILLA CA'TOGA

WHEN: Wednesday, October 20, 2010

COST: \$98.00 p/p

INCLUDES: A guided tour of the villa, gardens and grounds of Villa Ca'toga will enchant you. Following the tour we'll enjoy a hosted lunch at Brannan's Grill, Calistoga and free time to explore this quaint town.

DEPART: 8:00am, from Rengstorff Park

RETURN: 6:00pm approximately



## FABULOUS PALM SPRING FOLLIES

WHEN: Wed, Dec 1– Fri, Dec 3, 2010

COST: \$580.00 per person

INCLUDES: The annual "Jolly Follies Christmas Show" will feature guest stars, The Crystals! This great getaway includes a two-night luxury accommodations at the Spa Casino Resort, Fabulous Palm Springs Follies Show, and all meals.

DEPART: 7:30am, from Rengstorff Park on Dec 1

RETURN: 6:00pm approximately on Dec 3rd

INFORMATION FOR MORE TRIPS  
CAN BE FOUND AT THE FLYER  
STAND NEAR THE FRONT DESK  
OF THE MOUNTAIN VIEW  
SENIOR CENTER.

## BLACK OAK CASINO, Tuolumne

WHEN: Friday, June 4, 2010

COST: \$ 21 per person

INCLUDES: round trip transportation via luxury motor coach and driver's gratuity

Casino Bonus: \$10.00 Cash & \$5 Match Play

Valid photo I.D. – casino bonuses subject to change without notice.

DEPART: 7:30am from Rengstorff Park

RETURN: 5:30pm Approximately

## JACKSON RANCHERIA CASINO

WHEN: Thursday, July 8, 2010

COST: \$33.00 p/p

INCLUDES: round trip transportation via luxury motor coach and driver's gratuity

DEPART: 7:30am from Senior Center

RETURN: 5:30 p.m. Approximately

## TABLE MOUNTAIN CASINO, Friant

WHEN: Wednesday, August 4, 2010

COST: \$20.00 p/p

INCLUDES: round trip transportation via luxury motor coach and driver's gratuity. Casino Bonus: \$5 Cash

DEPART: 7:30am from Senior Center

RETURN: 5:30 p.m. Approximately

## FEATHER FALLS CASINO, Oroville

WHEN: Tuesday, September 7, 2010

COST: \$20.00 p/p

INCLUDES: Casino Bonus: \$10 Cash

DEPART: 7:30 a.m. Rengstorff Park

RETURN: 5:30 p.m. Approximately

## BLACK OAK CASINO, Tuolumne

WHEN: Tuesday, October 5, 2010

COST: \$21.00 p/p

INCLUDES: Casino Bonus: \$10 Cash & \$5





Food. round trip transportation via luxury motor coach and driver's gratuity

DEPART: 7:30 a.m. Rengstorff Park

RETURN: 5:30 p.m. Approximately

Travel Arrangements by Kanen Tours CST# 2095653-50

# JUNE 2010 LUNCH MENU AND ACTIVITIES

Mon	Tue	Wed
	<p>1</p> <p>ALL PRINTOUTS ARE NOW \$.05</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Beef Stew</i></p> <p>Whole Grain Bread</p> <p>Garden Salad</p> <p>Cantaloupe</p> <p>1:00 Movie, Blind Side</p>	<p>2</p> <p>10:30 Line Dancing, lunch room</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Mediterranean Fish</i></p> <p>Brown Rice Pilaf</p> <p>Broccoli &amp; Cauliflower</p> <p>Carrot Raisin Salad</p> <p>Apricot</p> <p>12:45 Bingo, lunch room</p>
<p>7</p> <p>10:30 Dancing, lunch room</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Spaghetti w/ Meat Sauce</i></p> <p>Marinated Salad</p> <p>Sautéed Fresh Broccoli</p> <p>100% Fruit Juice</p> <p>Hawaiian Day Party</p> <p>1:00 BIG BINGO, lunch room</p>	<p>8</p> <p>8:30 HICAP</p> <p>9:15 Eyeglass Repair</p> <p>10:30 Book Club</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Breaded Cod</i></p> <p>Corn Chowder </p> <p>Whole Grain Roll</p> <p>Sautéed Asparagus</p> <p>Oven Brownd Potatoes</p> <p>Orange</p> <p>1:00 Movie, Law Abiding Citizen</p>	<p>9</p> <p>10:30 Line Dancing, lunch room</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>BBQ Chicken</i></p> <p>Pasta Salad</p> <p>Cauliflower &amp; Carrots</p> <p>Apple</p> <p>12:45 Bingo, lunch room</p>
<p>14</p> <p>10:30 Dancing, lunch room</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Salmon Stuffed Boats</i></p> <p>Couscous</p> <p>Swiss Chard</p> <p>Baked Tomato</p> <p>Peaches</p>	<p>15</p> <p>11am Information + Referral</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Pork Chop</i></p> <p>Vegan Split Pea Soup</p> <p>Whole Grain Muffin</p> <p>Garden Salad</p> <p>Tangerine</p> <p>Oatmeal Cookie</p> <p>1:00 Movie, The Time Traveler's Wife</p>	<p>16</p> <p>10:00 Podiatry Screening</p> <p>10:30 Line Dancing, lunch room</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Chop Suey w/ Pork</i></p> <p>Fried Brown Rice</p> <p>Chilled Broccoli Salad</p> <p>Fresh Fruit</p> <p>12:45 Bingo, lunch room</p> <p>2:00 Senior Advisory Committee Meeting</p>
<p>21</p> <p>10:00 Fashion Show</p> <p>10:30 Dancing, lunch room</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Turkey Meatloaf w/ Gravy</i></p> <p>Whole Grain Bread </p> <p>Brussels Sprouts</p> <p>Garlic Mashed Potatoes</p> <p>Fresh Fruit</p> <p>2:00 Newcomers Group</p>	<p>22</p> <p>9:15 Eyeglass Repair</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Chicken Pot Pie (vegetarian available)</i></p> <p>Confetti Coleslaw</p> <p>Apple</p> <p>1:00 Movie, Old Dogs</p> <p>1:00 HICAP</p> <p>2:00 Hearing Screening</p> <p>6pm AARP Driver Safety Course</p>	<p>23</p> <p>10:30 Line Dancing, lunch room</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Salmon Fillet</i></p> <p>Brown Rice</p> <p>Steamed Spinach</p> <p>Minestrone Soup</p> <p>Banana</p> <p>Sugar-Free Pudding</p> <p>12:30 Alzheimer's Screening</p> <p>12:45 Bingo, lunch room</p>
<p>28</p> <p>10:30 Dancing, lunch room</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Swedish Meatballs</i></p> <p>Egg Noodles</p> <p>Baked Tomato</p> <p>Spinach &amp; Cheese Salad</p> <p>Pineapple</p>	<p>29</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Pasta Primavera w/ Ham</i></p> <p>Hard Boiled Egg, Garlic Bread</p> <p>Garden Salad </p> <p>Banana</p> <p>Oatmeal Cookie</p> <p>1:00 Movie, Precious</p> <p>6pm AARP Driver Safety Course</p>	<p>30</p> <p>10:30 Line Dancing, lunch room</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Chicken A La King</i></p> <p>Brown Rice Pilaf </p> <p>Au Gratin Potatoes</p> <p>Apple</p> <p>12:45 Bingo, lunch room</p>



Thu	Fri
<p>3</p> <p>8:30 Notary Service</p> <p>10:30 Dancing, lunch room</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Spinach Salad &amp; Black Bean Soup</i></p> <p>Hard Boiled Egg</p> <p>Whole Grain Muffin </p> <p>Vanilla Yogurt w/ Bananas</p> <p>1:00 SALA Appts</p>	<p>4</p> <p>GAME ROOM CLOSED</p> <p>10:30 Dancing, lunch room</p> <p>10:30 Blood Pressure</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Szechwan Chicken</i></p> <p>Brown Rice</p> <p>Sautéed Cabbage</p> <p>Green Salad</p> <p>Pineapple</p> <p>1:00 Movie, Blind Side</p>
<p>10</p> <p>10:30 Dancing, lunch room</p> <p>10:00 VTA Cards</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Stuffed Cabbage</i></p> <p>Brown Rice w/ Baked Veggies, Feta Cheese and Cherry Tomatoes</p> <p>Fruit</p> <p>1:00 WORKSHOP, Cross Sums</p>	<p>11</p> <p>10:30 Dancing, lunch room</p> <p>10:30 Blood Pressure</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Egg Frittata</i></p> <p>Whole Grain Muffin </p> <p>Salad</p> <p>Three Bean Salad</p> <p>Sugar-Free Jello w/ Pineapple</p> <p>1:00 Movie, Law Abiding Citizen</p>
<p>17</p> <p>10:30 Dancing, lunch room</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Spinach &amp; Cheese Tortellini w/ Tomato Sauce</i></p> <p>Potato Salad </p> <p>Baked Eggplant</p> <p>Mandarin Oranges</p> <p>1:00 SALA Appts</p> <p>1:00 WORKSHOP: Activities for Seniors in the Bay Area.</p>	<p>18</p> <p>10:30 Dancing, lunch room</p> <p>10:30 Blood Pressure</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Sesame Orange Chicken</i> </p> <p>Brown Rice</p> <p>Green Salad </p> <p>Orange</p> <p>Birthday Cake</p> <p>1:00 Movie, The Time Traveler's Wife</p>
<p>24</p> <p>10:30 Dancing, lunch room</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Chicken Asparagus Pecan Pasta</i></p> <p>Caesar Salad</p> <p>Tropical Fruit Cup </p> <p>Sugar-Free Jello</p> <p>1:00 WORKSHOP: Age related Macular Degeneration.</p>	<p>25</p> <p>10:30 Dancing, lunch room</p> <p>10:30 Blood Pressure</p> <p><b>11:45 LUNCH MENU</b></p> <p><i>Breaded Fish Fillet</i></p> <p>Whole Grain Roll</p> <p>Sautéed Cabbage &amp; Carrots</p> <p>Sautéed Mushrooms</p> <p>Orange</p> <p>1:00 Movie, Old Dogs</p>

## Strawberry Muffins



### INGREDIENTS

1/4 cup canola oil  
 1/2 cup milk  
 1 egg  
 1/2 teaspoon salt  
 2 teaspoons baking powder  
 1/2 cup white sugar  
 1 3/4 cups all-purpose flour  
 1 cup chopped strawberries

### INSTRUCTIONS

- Preheat oven to 375 degrees F oil an 8 cup muffin tin, or use paper liners.
- In a small bowl, combine oil, milk, and egg. Beat lightly. In a large bowl, mix flour, salt, baking powder and sugar. Toss in chopped strawberries and stir to coat with flour. Pour in milk mixture and stir together.
- Fill muffin cups. Bake at 375 degrees F (190 degrees C) for 25 minutes, or until the tops bounce back from the touch. Cool 10 minutes and remove from pans.

Servings Per Recipe: 8

### NUTRITION INFORMATION

Calories: 233  
 Cholesterol: 28mg  
 Total Fat: 8.2g  
 Sodium: 283mg  
 Total Carbs: 35.9g  
 Dietary Fiber: 1.1g  
 Protein: 4.2g

**NUTRITION PROGRAM** - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come first served.



= Meal contains more than 1000mg sodium

# WEEKLY EVENTS

(regularly scheduled classes & events that may occur each week)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 Adaptive Yoga	9:00 Drawing/Watercolor	9:00 Ceramics-Sculpt	8:45 Adaptive Yoga	8:45 ESL, Beg + Int.
8:45 ESL - Beg. +Int	9:30 Brown Bag	9:00 Painting Club	8:45 ESL - Beg. & Int.	9:00 Calligraphy
9:00 Creative Stitchery	10:30 Strong for Life	9:30 Chorus	9:00 Ceramics-EGF	10:00 Feldenkrais
10:15 T'ai Chi	11:45 Lunch	10:00 Therapeutic Yoga	10:00 General Cond.	10:30 Computer Help
10:30 ESL- BH and AL	12:30 Spanish-Int.	11:45 Lunch	10:00 VTA Cards, 3rd TH	10:30 Blood Pressure
11:45 Lunch	1:00 Karaoke	1:00 Ceramics-Basic	10:00 Qigong, com ctr	10:30 ESL- BH and AL
1:00 Bingo, 1st Monday	1:00 Workout/Broadway	1:00 Knitting/Crochet	10:00 Trips Desk	11:45 Lunch
1:00 Computer help	1:00 Computer help	1:00 Computer Help	10:30 ESL B.H. & A.L.	1:00 English Con.
1:00 Woodcarving	1:00 Low impact aerobics	1:15 Orchestra	11:00 Health Library	1:00 Line Dancing
1:00 General Cond	2:15 Workout/Broadway	5:30 Qigong	11:45 Lunch	2:15 Square Dancing
7:00 Social Dance Club	2:30 Chinese Chorus		12:30 Memoirs	
	5:30 Flowing Movement		1:00 Computer Help	
			1:00 General Cond.	
<b>CLASS TIMES AND DAYS ARE SUBJECT TO CHANGE</b> Class Start and End dates are in the Winter/Spring Class Guide that is located at the front desk.			1:00 Workout/Broadway	
			1:00 Low Impact Aerobics	
			1:00 Ceramics-Basic	
			1:00 Fig & Port Drawing	
			2:15 Workout/Broadway	
<b>Registration for the classes that occur at our center, takes place through the following agencies:</b>  <b><u>MV-LA, Mountain View Los Altos Adult Education</u></b> Three options for registration: 1. Visit MV-LA at 333 Moffett Blvd 2. Call <b>(650)-940-1333</b> with your credit card available. 3. or visit their website to register for this class at <a href="http://www.mvlaae.net">www.mvlaae.net</a> <b><u>FOOTHILL-</u></b> Visit the class and the instructor will have the appropriate paperwork to fill out. If you need additional class information you can call <b>(650)-949-7321</b> . <b><u>VOLUNTEER</u></b> – These classes are free and there is no need to register. Please just attend. <b><u>IN CLASS</u></b> - Register for these classes with the class instructor.				
Please pick up a Summer Class Guide at the Mountain View Senior Center Front Desk. Summer classes start in July.				